

NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

March 2018, Vol. 2 Issue 3



March 2018

*Annmary I. Connor, LICSW
Director of Elder Services*

*The Senior
Center at
Punchard
Growing together*

As we look forward to Spring, we have a full schedule ahead of us. We ask that you read through the newsletter for all the new programs and activities. There are many things still to come.

You will be seeing some new faces at the Center as we welcome new staff and interns. The new Program Coordinator will be announced in March. We will be hiring for the Senior Connections program as Linda retires. Linda has been the lead staff in our Senior Connections program, and she will be greatly missed.

We will also be welcoming a new student intern from the University of New Hampshire School of Social Work.

Alicia Reddin will be joining us as the new Andover Veteran Service Officer. We welcome Alicia to the team.

We have resumed our Living Healthy Series on Thursday evenings - please register in advance. We hope you check out the newsletter to see everything that is happening in March.

Mission Statement:

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

For weather related closing information, please call the Info Line at 978-623-8302



Appetite for Andover at Oak & Iron

Wednesday, March 7th; 4 pm to 6 pm
Tickets \$15 · Purchase at the Center
Location: 18 Red Spring Road, Andover
Enjoy Appetizers, Beer and Friendship



Main Line: 978-623-8320

website: www.andoverma.gov/seniorcenter

email: seniorcenter@andoverma.gov

Physical Address: 30 Whittier Court, Andover

Mail: 36 Bartlet Street, Andover, MA 01810

Info Line: 978-623-8302

Phone # 978-623-8320

A Division of the Department of Community Services

Fix it Shop

Monday, **March 5th** at 1:00 pm & Monday, **March 26th** at 1:00 pm
Lamps (new cords & sockets), Small Appliances, Chairs, Small Tables and Everything Else - we'll give it a shot. Cost: \$4 plus parts for seniors (ID req), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee

BEST AMERICAN SHORT STORIES OF 2017

Monday, March 5, 12, 19, 26, April 2; 1:00 pm; \$5
Discuss selections from this annual collection of acclaimed American short stories. Eileen Reilly, a longtime book enthusiast, will facilitate discussion. Edited by Meg Wolitzer, the Best American Short Stories of 2017 can be requested from our town library or purchased for under \$11 (available in Kindle version on Amazon). For the first session please read "Maidencane" and "Are We Not Men?".

Appetite for Andover at Oak & Iron

Wednesday, March 7th; 4:00 - 6:00 pm; purchase tickets at the Center \$15
Chase away the winter chill and get a start celebrating St. Patrick's Day! Enjoy Frank's delicious treats while exploring the new brews at the Oak & Iron from their Beer Flight menu. If Irish luck holds, we may have a bit of music as well.

Council on Aging Board Meeting

Thursday, March 8th 8:30 am
Meets at 8:30 am on the second Thursday each month. All are Welcome!
The Council can be reached via email at: first.last@andoverma.us

TRIAD Program

Thursday, March 8th; 10 am
Triad is a joint collaboration between The Senior Center at Punchard, Andover Police Department, Essex County District Attorney's Office, and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The TRIAD group is seeking volunteers to assist with identifying, developing, and initiating programing.

Friday Speaker Series, *Hindu Marriages in India*

Friday, March 9th at 8:30 am; \$4.00; Marriages are made in Heaven.

Computer Users' Group

Monday, March 12th, 1:30 pm at MHL
This group meets the second Monday of the month at Memorial Hall we will discuss ways to personalize your computer so that it suits the tasks you wish to do and accommodates any special needs. We will concentrate on options for Windows 10, but many of these techniques are also available on older versions of Windows. There will be time to discuss general questions.

Happy Birthday to You!

Friday, March 16th 11:45 am
Third Friday of every month. This event is open to everyone. This is part of the congregate lunch, so be sure to sign up. Please join us in celebrating your birthday (and those of your friends!). Let us know if this is your birthday month, and you will be entered into a drawing for a prize. (You must be in attendance to win.) Enjoy entertainment courtesy of the Andover Senior Community FRIENDS Inc.

Safe-Tea**Monday, March 12th;
10:00 am**

Join us for an informative presentation on Elder Abuse.

Presenter: Reading
Cooperative Bank
Gladys E. Martinez
Assistant Vice President
Branch Manager

You or someone you know, could become the victim of a growing crime in America- financial abuse of older Americans. Reading Cooperative Bank wants to safeguard you by providing information on common scams and what you can do to protect yourself.

Did you know?

Seniors are increasingly becoming targets for financial abuse

As people over 50 years old control 70 percent of the nations wealth, fraudsters are using new tactics to take advantage of retiring baby boomers and the growing number of older Americans

Senior financial abuse is estimated to have cost victims at least \$2.9 billion last year alone. Don't be a victim! Come learn how you can protect yourself and your assets.

Writing Group

Tuesdays; 10 - 11 am

Come and join Sreenivas Madras in this engaging writing process. \$2 suggested donation.

St. Patrick's Day

Dinner

Thursday, March 15th;
4:00 pm; tickets \$7 in
advance; \$10 at the door
Enjoy our buffet corned
beef dinner and Irish
entertainment by Brian
Corcoran. Purchase tickets
at the Center.

Town Elections

will be held on

March 27th.

The Center at Punchard
will run Senior
Connections and Brown
Bag on site this day. All
exercise classes will be
moved off site and all Drop
-in Classes are cancelled.

TAX PREPARATION

ASSISTANCE BY

AARP

AARP-trained tax aides
are available at the Center
to assist with simple tax
prep. Hourly appointments
are available from Feb 2 -
April 13th from 9 until
noon. Please call the
Center for an appointment.
Open to all - you do not
need to be a senior citizen.

RSVP

Special Monthly Events

AARP Safe Driving Class

Tuesday, March 20th; 9:45 am—3:00 pm

The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course, attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass. The fee is \$15 for AARP members and \$20 for non-members. The course will run from 10AM to 3PM with a break for lunch

Talking Books

Wednesday, March 21st; 9:30 am

Presented by Gayle Yarnall. The Braille and Talking Book Library loans braille and recorded reading materials and the playback equipment necessary to use them. You are eligible for services if you are unable to read print books due to a disability.

Book Club

Thursday, March 22nd; 1:30 pm

Power of Flower

Friday, March 23rd; 10:30 am , Limited space. Free flower arranging. This is through a grant generously paid for by the Quota International Organization of Andover and the generous volunteers of the power of flower.

Mass State Senator

Monday, March 26th; 8:30 am

Bring your questions for the monthly office hours held by Senator Barbara L'Italien and her staff.

Closed Caption

Wednesday, March 28th; 9:00 am

Learn how you can qualify for a no cost caption phone. Your local clear captions representative, Becky Bushey, will be available to explain this federal program that provides caption phone service to anyone who is hard of hearing at no cost. No income qualifications. Presenter: Becky Bushey

American History (but not the way you learned it back in school!)

Thursday afternoons, 1:30 to 3:00 pm; Mar 1, Mar 8, Mar 15, and Mar 22 2018. Price: \$15 for the five sessions How did George Washington shape the United States we know today? Why were John Adams and Thomas Jefferson such bitter enemies and such good friends? Why did we enter the War of 1812? What was the Missouri Compromise, and how did Massachusetts make it work? Come and explore topics like these and many more in a 5-week program, part of our on-going series. We'll be taking a look at the exciting early years of the United States (1790 to 1820) when our country was born and began to take shape. Join us with local historian Don Robb as we explore a fascinating period in the

NEW Veterans Fitness Program RSVP

Vets on the Move

In partnership with Run For The Troops 5k, TD Bank, The Center at Punchard and Andover Community Services, we are proud to offer an exercise class **just for Veterans**. You served our country mentally and physically and we would like to show our appreciation through this free exercise program. Exercise helps reduce stress and improves cardio vascular fitness. This class will focus on improving balance, coordination and strength.

Session begins Thursday March 8th for 6 weeks - 10:15- 11:00am.

Classes will be led by a ACE certified fitness instructor and held at the Center at Punchard (Andover Senior Center). A free lunch will be served after each class. All abilities are invited to attend. The Center is able to provide free transportation to those living in Andover. The program is open to veterans from any town. All those who attend at least 4 out of the 6 classes will also receive a \$20 gift card to Whole Foods, courtesy of TD Bank.

We will set a goal to be part of the Run For The Troops 5K events being held the weekend of April 20th. You can be our guest at a dinner in your honor at the Andover Country Club on the 20th and be part of opening ceremonies on race day April 22nd. Maybe you will cheer on your fellow veterans who are walking or running the race from our Veterans hospitality tent OR maybe you will participate by walking or running yourself!

Don't delay, register today by calling 978-623-8320. Registration deadline is March 5th.

Mindfulness

Meditation

Fridays 3pm

*A Great way to become
more relaxed during this
hectic season:*

\$3 donation

Gift Cards for The Center

Gift Cards for the Center's programs, lunch, transportation, etc. are always available in any amount. Ask about them at the front desk. They make great gifts for family, friends or the person who has everything!

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The Senior Center at Punchard

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Andrew P. Flanagan
Director of
Community Services
Joseph Connelly
The Senior Center Staff
Director
Annmary I. Connor,
LICSW
Outreach Coordinator
Kristine Arakelian,
LCSW, MPH
Senior Connections
Sharon Thomson, RN
Linda Lambert
Office Staff
Christine Marshall, Editor
Andrea Zaines
Nutrition Staff
Frank Melendez, Chef
Sue Starbird
Transportation/Intake
Shawna McCloskey,
LSW
Carol Howe
George Perakis
George Thomson

Council on Aging Board

Meets at 8:30 am on the
2nd Thursday each
Month
All are Welcome!
The Council can be
reached
via email at:
first.last@andoverma.us

Kenneth DeBenedictis,
Chair
Margaret O'Connor, Vice
Chair
Kimberly Rainen, Secre-
tary
Molly Bicking
Joan Fox
Tana Goldberg
Jane Gifun
Paul MacKay
Joseph Ponti
Thomas Rando

Center Hours

Monday - Friday
8 am - 4pm
Thursday Evenings for
BoomerVenture Campus

Memory Café

Monday, March 26th at 1:00 pm. Please contact Linda for information on this fun and supportive group. Funded by the Department of Developmental Disabilities.

Drum Circle– Music Therapy –Roman Music Therapy

Massage Reflexology

We offer both of these pain-relieving, gentle therapy practices here at the Center by appointment. Massage is only \$15 for 20 minutes for seniors over 60. Reflexology is \$1 per minute starting in 15 minute increments.

Foot Care (Podiatry)

March 7th & 21st. You must be an Andover Resident. For homebound residents, please call Kristine Arakelian. You do not need to wait to call the first of the month. You may call and book at any time. Appointments are scheduled every two months. Apts are on Wednesdays. This program is subsidized by a grant from The Andover Home for Aged.

Bereavement Support Group:

Thursday, March 1st at 1:30 pm

To register, please call Lois Marra of Home Health VNA Hospice at (978) 552-4537 and leave your message with name and phone number. Lois will return your call. This support program is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion. This is a group that you can attend one time or monthly. All are welcomed.

Ask the Lawyer - Legal Clinic

Date TBA

Pain Management Support Group

Monday, March 12; 1:30 pm

This helpful group meets the second Monday of the month, from September through June at 1:30 pm. This intimate and **confidential** group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN

Parkinson's Support Group

Thursday, March 8th at 1:30 pm

This group meets the second Thursday of the month, September through June; 1:30-3 pm at the Center. Please call Kristine Arakelian, Outreach Coordinator, to confirm your attendance or for further information. All are welcome. Presenter: Shawn McKallagat, Owner, compounding Pharmacist, Letourneau's Pharmacy, "What's new for medication & research for Parkinson Disease"

Wellness Clinics

Wednesdays; 2:00 pm. Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs.

Brown Bag: Tuesday, March 27th, 9:30 am. Elder Services of the Merrimack Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month, and must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are eligible.

Medical Equipment: The Local Masons have a medical equipment loan program that is open to people in need of accessing hospital equipment. This loan program is free and open to all. Equipment can be picked up on Saturdays at 500 West Cummings Park, Suite 1150, Woburn. If you need help accessing this program, call the Center and ask for Kristine.

Health, Wellness, Fitness

Spring Session: February 20 – May 11th

Registration Week: February 5—10

Breath, Balance and Body Wellness *Pat Dumont*

Tuesday, February 20th to May 8th; 2 pm; **\$48**

Line Dancing: *Valerie Cagnina*

Tuesdays, Feb 20th to May 8th ; 2:15 pm; *****FREE this term only!**

Beginners Brush-Up - 2:15 pm; entire group - 2:30 pm

Intermediate Challenges - 3 pm

Men and Women in Motion *Denise Boucher (Class meets at Youth Center)*

Tuesdays, Feb 20th to May 8th ; 8 am; **\$45**

Thursdays, February 22nd to May 10th; **\$45**

***** Class will NOT meet at Youth Center during school vacation week but will meet at the Senior Center at Punchard)**

Sit and Get Fit *Denise Boucher*

Tuesdays, February 20th to May 8th; 10:15 am; **\$45**

Fridays, February 23rd to May 11th; 10:15 am; **\$45**

Strength Training *Wed: Pat Dumont; Fri: Barbara Maguire*

Wednesdays, Feb 21 to May 9th; 8:00 am or 8:45 am; **\$45**

Fridays, Feb 23 to May 11th; 8 am or 8:45 am; **\$45**

Strengthen and Stride *Tracy Callahan*

Tuesdays, Feb 20th to May 8th; 9 am; **\$45**

Thursdays, Feb 22nd to May 10th; 9 am; *****FREE this term only! (Thur only)**

Tai Chi Beginner *Meg Holmes*

Tuesdays, Mar 6-May 8th; 1:10 pm – 2:10 pm; students new to tai chi; **\$37.50**

****Please note there is no class on 2/20 & 2/27**

Tai Chi Advanced Beginner *Meg Holmes*

Thursdays, Mar 8th to May 10th; 2:15 pm – 3:15 pm; students have learned some of the forms; **\$37.50**Please note there is no class on 2/22, 3/1**

Tai Chi Intermediate *Meg Holmes*

Thursdays, Mar 8 to May 10th ; 1:10 pm – 2:10 pm; students have learned the complete Yang style 24 Form; **\$37.50; **Please note there is no class on 2/22, 3/1**

Tap Dancing Basic *Audrey Nason*

Wednesdays, Feb 21st to May 9th; 9:30 am; **\$42**

Tap Dancing Performance *Audrey Nason*

Wednesdays, Feb 21st to May 9th 12:45 pm; *****FREE this term only!**

Yoga For All *Pat Dumont* **(NEW!)**

Mondays, Feb 26th to May 7th; 1:00 pm; **\$37.50**



Yoga Beginners *Pat Dumont*

Tuesdays, Feb 20 to May 8th; 10:30 am; **\$45**

Yoga Advanced Beginners *Pat Dumont.* (some prior experience suggested for this gentle yoga practice) Wednesdays, Feb 21st to May 9th 1:00 pm; **\$45**

*****FREE classes courtesy of the Andover Senior Community Friends**

ESL Classes

Mondays, February 26 - May 7;

1 pm; off-site at Frye Circle;

Free

No class 4/16

SHINE

(Serving Health Information Needs of the Elderly)

This free and confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options. Call The Center to schedule an appointment.

Medication and Syringe Disposal

Medication disposal is available at the Andover Police Department.

Syringe disposal is available at The Center at Punchard and the Andover Police Department Public Safety Building, 32 Main Street. Questions? Call the Andover Police Dept. 978-475-0411.

Walk the Gym

Did you know walk the gym resumed at the Cormier Youth Center. Every Tuesday and Thursday 9a-11a



Senior Connections

An engaging program creating meaningful days

Free Trial Day For New Senior Connections Participants:

We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Linda, Kristine or Annmary.

Activities, Transportation & More...

MORE ACTIVITIES

Duplicate Bridge

Thursdays, Feb 22nd to May 10th; 1-4:30 pm; **Free – Donations welcomed**
Duplicate Bridge for intermediate level players for drop-in series. Must communicate to leaders in order to insure a multiple of 4 players per table. Fun and informative games. Call Center to register.

Massage

Mondays, 10 am; \$15 for 20 minutes of chair massage

Rhythm-Aires

Mondays, Feb 26– May 7th; 10:15 am; **FREE Courtesy of the Andover Senior Community Friends**

Sunrise Singers –Come and sing your heart out, no experience required!

Mondays, Feb 26 – May 7th, 9:00 am; **\$20**

Wood Carving

Mondays, Feb 26th - May 7th; 9 am; FREE

Model Building

Wednesdays, Feb 21st - May 9th; 9 am; FREE

Transportation

Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Carol for more details & donation information.

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$5 round trip.

Daily Ride to The Center

Daily trip to The Center; **no charge; donations welcome.**

Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon. Other days and times may be available

Fun Shopping Trips

10 am - 2 pm, \$10; sign up to reserve your seat on the bus
Monday, **March 12th**, Rockingham Mall in Salem, NH

Please call Carol at 978-623-8320 for transportation scheduling.

Merrimack Valley Regional Transit Authority (MVRTA)

The MVRTA offers transportation to many towns and cities.

You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services. Please stop by for information or call 978-469-6878

**Free Transportation to the Town Election on March 27.
Please register by March 26th at noon.**



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*Joseph L. Morana
Andover Resident*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>Upcoming April Dates:</u></p> <p>April 6th Boston Post Cane Gala</p> <p>April 12th Estate Planning</p> <p>April 29th Spring Ball</p>	<p>Menu Subject to Change Without Notice</p>	<p>5:30 Living Health ¹</p> <p>8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Art drop-in/Walk Gym 9:30 Craft Group 1:00 Fun&Games / Bridge 1:10 Tai Chi Inter. I</p> <p>1:30 Bereavement Group 1:30 History w/ Don Robb 2:15 Tai Chi Inter II 3:30 Energize w/ Exercise 6:00 Reflex / Belly Dancing 7:15 Serenity yoga LUNCH: Chicken stir fry</p>	<p>8:00 Strength Training 8:45 Strength Training 10:15 Sit & Get Fit 1:00 Fun & Games 1:00 ESL Lessons 2:00 Ping Pong 3:00 Meditation 6:30 Chinese American Activities</p> <p>LUNCH: Veggie Pizza</p>
<p>5</p> <p>9:00 Sunrise Singers 9:00 WOAG 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-Aires 1:00 Movie Matinee 1:00 ESL (off site) 1:00 Fix it Shop 1:00 American Short Stories 3:30 BV Energize w/ Exer</p> <p>LUNCH: Chicken pot pie</p>	<p>6</p> <p>8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Walk the Gym 10:15 Sit & Get Fit 10:30 Beginner Yoga 10:00 Fun & Games 1:00 Social Bridge drop-in 1:10 Tai Chi beginner 2:00 Breath Balance Well 2:15 Line Dancing 3:15 Zumba</p> <p>LUNCH: Stuffed cabbage</p>	<p>7</p> <p>8:00 & 8:45 Strength Train 9:00 Foot Care 9:00 Art drop-in 9:00 "SHOP" Group 9:30 Basic Tap 10:00 Matter of Balance 10:00 Fiber Arts 10:00 Grocery Shopping 12:45 Performance Tap 1:00 Knit Wits/Fun& Games 1:00 Yoga intermediate 2:00 Wellness Clinic 4:00 Appetite for Andover Oak & Iron</p> <p>LUNCH: Chicken marsala</p>	<p>8</p> <p>8:30 COAB Meeting 8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Art drop-in/Walk Gym 9:30 Craft Group 10:00 TRIAD 10:15 Vets on the Move 1:00 Fun&Games / Bridge 1:30 Parkinson Group 1:30 History w/ Don Robb 1:10 Tai Chi Inter. I 2:15 Tai Chi Inter II 3:30 Energize w/ Exercise 5:30 Living Health 6:00 Reflex / Belly Dancing 7:15 Serenity Yoga LUNCH: Baked ziti</p>	<p>9</p> <p>8:00 Strength Training 8:30 Breakfast & Hindu Mariages 8:45 Strength Training 10:15 Sit & Get Fit 1:00 Fun & Games 1:00 ESL Lessons 2:00 Ping Pong 3:00 Meditation 6:30 Chinese American Activities</p> <p>LUNCH: Fish</p>
<p>12</p> <p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:00 Safe-Tea 4:0-4:15 Rhythm-Aires</p>	<p>13</p> <p>8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Walk the Gym 10:15 Sit & Get Fit 10:30 Beginner Yoga 10:00 Fun & Games</p>	<p>14</p> <p>9:00 Model Building 9:00 Art drop-in 9:00 "SHOP" Group 10:00 Matter of Balance 10:00 Fiber Arts 10:00 Grocery Shopping</p>	<p>15</p> <p>St. Patrick's Day 9:00 Art drop-in/walk gym 9:30 Craft Group 10:15 Vets on the Move 1:3:30 classes off-site: 1:00 Duplicate Bridge 1:40 Tai Chi Inter II</p>	<p>16</p> <p>Birthday Lunch 10:30 FRIENDS Meeting 11:45 Birthday Lunch 1:00 Fun & Games 1:00 ESL Lessons 2:00 Ping Pong 3:00 Meditation</p>

<p>10:15 KnitWits-Aires</p> <p>1:00 Movie Matinee</p> <p>1:00 ESL (off site)</p> <p>1:00 American</p> <p>Short Stories</p> <p>1:30 Pain Mgmt Group</p> <p>1:30 Computer Users @ MHPL</p> <p>LUNCH: Shepherd's pie</p>	<p>10:00 Fun & Games</p> <p>1:00 Social Bridge drop-in</p> <p>1:10 Tai Chi beginner</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>LUNCH: Stuffed chicken</p>	<p>10:00 Grocery Shopping</p> <p>1:00 Knit Wits/Fun & Games</p> <p>2:00 Wellness Clinic</p> <p>LUNCH: Pot roast</p>	<p>1:10 Tai Chi Inter. I</p> <p>1:30 History w/ Don Robb</p> <p>2:15 Tai Chi Inter II</p> <p>3:30 Energize w/Exercise</p> <p>4:00 St. Patrick's Dinner</p> <p>6:00 Reflex / Belly Dancing</p> <p>7:15 Serenity Yoga</p> <p>LUNCH: Chicken pesto</p>	<p>3:00 Meditation</p> <p>6:30 Chinese American Activities</p> <p>LUNCH: Salmon</p>
<p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving</p> <p>9:00 Quilting</p> <p>10:00 Massage</p> <p>10:15 Rhythm-Aires</p> <p>1:00 Movie Matinee</p> <p>1:00 ESL (off site)</p> <p>1:00 American</p> <p>Short Stories</p> <p>LUNCH: Sweet & sour pork</p>	<p>19</p> <p>8:00 Men/Wom in Motion</p> <p>9:00 Strengthen Stride</p> <p>10:15 Sit & Get Fit</p> <p>10:30 Beginner Yoga</p> <p>10:00 Fun & Games</p> <p>1:00 Social Bridge drop-in</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>9:45a – 3p</p> <p>AARP Safe</p> <p>Driving Class</p> <p>LUNCH: Eggplant parm</p>	<p>20</p> <p>8:00 & 8:45 Strength Train</p> <p>9:00 Model Building</p> <p>9:00 Art /"SHOP" Group</p> <p>9:30 Basic Tap</p> <p>9:00 Footcare</p> <p>9:30 Talking Books</p> <p>10:00 Fiber Arts</p> <p>10:00 Grocery Shopping</p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits/Fun & Games</p> <p>1:00 Yoga intermediate</p> <p>2:00 Wellness Clinic</p> <p>LUNCH: Meatloaf</p>	<p>21</p> <p>8:00 Men/Wom in Motion</p> <p>9:00 Strengthen Stride</p> <p>9:00 Art drop-in</p> <p>9:30 Craft Group</p> <p>10:15 Vets on the Move</p> <p>1:00 Fun & Games</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Book Club</p> <p>1:30 History w/ Don Robb</p> <p>3:30 Energize w/ Exercise</p> <p>5:30 Living Health</p> <p>6:00 Reflexology</p> <p>6:00 Belly Dancing</p> <p>7:15 Serenity yoga</p> <p>LUNCH: Chicken stew</p>	<p>23</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>10:15 Sit & Get Fit</p> <p>10:30 Power of Flower</p> <p>1:00 Fun & Games</p> <p>1:00 ESL Lessons</p> <p>2:00 Ping Pong</p> <p>3:00 Meditation</p> <p>6:30 Chinese American Activities</p> <p>LUNCH: Spinach pie</p>
<p>1:00 Memory Café</p> <p>8:30 State Senator</p> <p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving/Quilting</p> <p>10:00 Massage</p> <p>10:15 Rhythm-Aires</p> <p>1:00 Yoga for All</p> <p>1:00 ESL (off site)</p> <p>1:00 American</p> <p>Short Stories</p> <p>1:00 Fix it Shop</p> <p>3:30 BV Energize w/ Exer</p> <p>LUNCH: Chicken quarters</p>	<p>26</p> <p>Classes off-site</p> <p>No drop-in groups</p> <p>8:00 Men/Wom in Motion</p> <p>9:00 Strengthen Stride</p> <p>9:00 Walk the Gym</p> <p>9:30 Brown Bag at Center</p> <p>10:15 Sit & Get Fit</p> <p>10:30 Beginner Yoga</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>LUNCH: no congregate</p>	<p>27</p> <p>8:00 & 8:45 Strength Train</p> <p>9:00 Model Building</p> <p>9:00 Art /"SHOP" Group</p> <p>9:30 Basic Tap</p> <p>9:00 Closed Caption</p> <p>10:00 Fiber Arts</p> <p>10:00 Grocery Shopping</p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits/Fun & Games</p> <p>1:00 Yoga intermediate</p> <p>2:00 Wellness Clinic</p> <p>LUNCH: Baked chicken</p>	<p>28</p> <p>8:00 Men/Wom in Motion</p> <p>9:00 Strengthen Stride</p> <p>9:00 Art drop-in</p> <p>9:30 Craft Group</p> <p>10:15 Vets on the Move</p> <p>1:00 Fun & Games/Bridge</p> <p>1:30 Book Club</p> <p>3:30 Energize w/ Exercise</p> <p>6:00 Reflexology</p> <p>6:00 Belly Dancing</p> <p>7:15 Serenity yoga</p> <p>LUNCH: Stuffed pepper</p>	<p>30</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>10:15 Sit & Get Fit</p> <p>1:00 Fun & Games</p> <p>1:00 ESL Lessons</p> <p>2:00 Ping Pong</p> <p>3:00 Meditation</p> <p>6:30 Chinese American Activities</p> <p>LUNCH: Lemon pepper cod</p>



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Outdoor Adventures

Women's Outdoor Adventures

March 5, 2018

March 22, 2018

April 9, 2018

April 22, 2018

Hikes are usually at 9am. All winter hikes will be subject to the weather. We hope to be able to snow shoe if the conditions are to our liking. We will announce locations as we get closer to the dates.

The leadership team is researching a few special locations for some of the hikes, which will be longer trips than we generally do. Again, we will keep you posted. If you are not on our email list and would like to join us, please email Jane Gifun at fleecy.godmother@verizon.net to be added to our list.

Men's Outdoor Adventures

March 28, 2018

Join the men's group for a hike of the Goldsmith Reservation. The group will carpool from the Center at Punchard and hike about 2 miles exploring the reservations history and many interesting points.



Drop in Groups

Craft Corner: Thurs; 9:30 am

Fiber Arts: Wed; 10 am

Fun and Games: Tuesdays
thru Fridays; 1 - 4 pm

Tuesdays 1pm Mahjong stop
by to check out this group

Knit Purl Repeat! You Can
Knit Too: Lessons on Wed.
at 1 pm

Knit Wits: Wed. at 1 pm

Mindfulness Meditation:
Fridays from 3 - 3:30 pm

Model Building: Wed. at 9 am

Open Studio Art:
Wednesdays and Thursdays at
9:00 am

Ping Pong: Fridays at 2 pm

Quilting: Mondays at 9 am

"SHOP" Sewing Group:
Wednesdays at 9 am

Social Bridge: Tues. at 1 pm

Cable Group: meets 3rd
Thurs. at 9 am.



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The Boston Post Cane Gala

At
Andover Old Town Hall
On
Friday, April 6, 2018

Cocktails from 6:00-7:00pm
Program, Raffles & Awards
7:00-7:30pm, Dinner 7:30pm

*Presentation of the Boston Post Cane Award
to Andover's Oldest Resident*



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Join the Andover Senior Community FRIENDS and support the
Senior Center at Punchard

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programs are offered free or reduced price to all the seniors of
Andover



Meetings
Fridays @ 10:30 AM

March 16
April 20
May 18
June 15

**Please join us as we support
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presented by the Andover Senior Community FRIENDS

Sunday, April 29 from 6 PM – 10 PM

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Dance Instruction by Tom Webster of Dance New England
6 PM – 7 PM

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Belly Dancing *Maggie Class*

Thursdays, February 22nd to May 10th 6:00 – 7:00 pm this session! **\$78.00**
11 sessions. Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your “inner dancer”!

ZUMBA *Valerie Cagnina*

Tuesdays, Feb 20th to May 8th **\$48**; 3:15 pm. An aerobic fitness program featuring movements inspired by various styles of Latin American dance

Serenity Yoga *Sheila Wescott*

Thursday, Feb 2/22 to May 10th ; **\$78**;
Active, calming practice of flowing postures with 15 minutes of meditation. Instructor Sheila Wescott combines the traits of gentleness, spirituality and a genuine “teacher’s heart.” Previous experience suggested by not required. Beginners always welcome!

Energize with Exercise *Denise Boucher*

Monday, Feb 26th to May 7th; 3:30 – 4:30 pm; **\$55.00**;
Thursday, Feb 22nd to May 10th ; 3:30 – 4:30 pm; **\$66.00**;
Fun aerobics and weight training workout.

Reflexology with Uli Kapp

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Nordic Walking

Wednesday February 21st to May 9th 2:30pm to 3:30pm. *****FREE this term only!**
****FREE classes courtesy of the Andover Senior Community Friends**

Living Healthy

Thursday evenings from 5:30 to 7:00 p.m. \$5 suggested donation. Please register and join us for a light supper at 5:30 with presentation at 6:00. Pre-registration requested by Tuesday of the week calling 978-623-8320.

March 1: “DASH”, Dietary Aid to Stop Hypertension. Presenter: Pramila Rao, Radiant Homecare Services

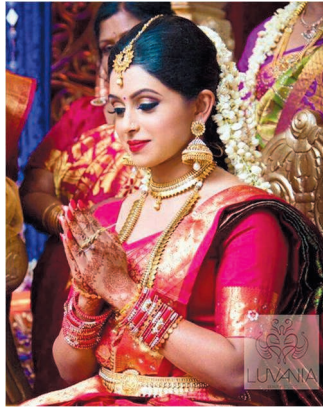
March 8th: Veterans Northeast Outreach Center, an overview of supports and benefits. Presenter: Jillian Harmon

March 22: Medical Marijuana. Presenter: Deidra Ruvido of Revolutionary Clinics

March 29: How to stay safe at home as we age in place. Presenter, Joseph Corson, from Be Safer at Home
... more in April.... We are booked until June for these wonderful educational series. Presentations Held At Andover Senior Center at Punchard,

Hindu Marriages
Friday Speaker Series
Friday, March 9th
8:30 - 10:30 am
Cost \$4

That is all the religions' belief.
Even in animals, birds, and mammals in the ocean; though they do not have any marriage celebrations, they naturally live life with a close bond.



Marriages all over the world vary from religion to religion... But living as husband and wife is common in every religion. Hindu Marriages are based on Vedic Culture in India. The marriage celebrations vary from the North to South in the country. But it is

common in every married life that the couple transcend their life as husband and wife till death.

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SREENIVAS MADRAS,
AUTHOR, JOURNALIST



FRIDAY NIGHT SPECIAL : Chinese American Fridays 6:30pm - 9:30pm

Association of Andovers and Andover Elder Services are proud to host Friday evening's activities. The activity will be including Zumba, Yoga, Ping pong, board/card/Mah Jong games, other socializing activities.

Free of charge and all are welcome.

安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括: Zumba, 瑜伽, 乒乓球, 棋牌, 麻将和其它社交。活动免费, 欢迎光临。

时间: 星期五晚上6:30-9:30

Chinese

本中心的《英文月报》

(News & Views) 另附有

《中文简讯》, 而且都将分送到您的住处; 您也可在本中心网站查阅, 或者电邮给您。

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